On the effects of Winds,
and on the relative influence of
Seasons & Innuities upon
human life.

Thus far Dent: have we examined the effects of the Air upon the body as far they relate to their sensible qualities. But ~~both~~ they all act differently in different seasons. For winter they dispose to diseases of the head – in the Spring to diseases of the lungs, and in Summer & autumn to diseases of the alimentary Canal. Winter has been compared to the infancy, Spring to the youth, Summer to manhood, and Autumn to the old age of the human body, & it is very remarkable, ~~by~~ the diseases produced by each of them, are the diseases of those 4 stages of human life. But again heat & cold act differently upon the body, not only in different seasons, but in nearly all the

months in middle latitudes. They act differently in towns & countries, as in cul-tivated & uncultivated parts of the world, ~~the latter~~ but in ~~both~~ all of them their effects are more or less influenced by the combination of the air with certain morbid exhalations, ~~of the air~~ - which will be taken notice of under our next head.

To exhibit the influence of the seasons and months in a climate nearly similar to ~~our~~ our own, I shall furnish you with an extract from a journal of the Deaths from Sickness in the parish of St. Nicholas in Boloqne in France upon the Sea Shore in the latitude of 50°: between the years 1776 and 1783. It is taken from Dr Daignan's tables of the Variety of human life - a curious & valuable book printed

very hands by Mr Jefferson during his residence in this city as Secretary of State. I shall first give you the amount of all the Deaths in each of the Seasons that are included in the above seven years. In the Winters 365 — in the Springs 242 — In the Summer 234 — in the Autumn 357 — in all 1298. You perceive here the greatest number of Deaths took place in Winter. The same thing occurs in London according to Dr Heberden. The next degree of mortality was in Autumn, probably from the combination of the air with some morbid exhalations. The same thing occurs in Philad^a in most years and from the same cause. The Spring comes next in the number of their deaths, and the Summer last. In this they nearly accord with the Springs & Summers in Philadelphia.

I shall now mention the influence

of every month in the year taken from the same register of the parish of St Nicholas by Dr Dauignan.

In the Months	there Died Boys	Girls	75 married men	married women	widowers	widows	all
of Jan.y 142	57	39	11	15	8	12	142
Feb: 111	40	35	16	12	4	4	111
March 112	42	27	9	9	12	13	112
April 108	30	31	17	13	7	10	108
May 107	31	29	10	14	9	14	107
June 77	21	27	8	11	1	9	77
July 72	20	23	11	9	3	6	72
Aug.st 85	29	20	18	8	1	9	85
Sep.r 120	36	35	12	24	3	10	120
Octob.r 110	43	35	8	13	2	9	110
Nov.r 125	42	34	10	19	5	15	125
Dec.r 122	38	35	20	13	7	9	122
	429	370	150	160	62	120	

From a review of the influence of the weather in each of these months it appears that the most sickly of them was January. This is not common in the Middle States of America, except from epidemics, or in open winters. The principal mortality in this month when intensely cold is among old people & hard drinkers. February & March appear to have been attended with a good deal of mortality, nor did it abate much in April. The weather in these months is very variable, & often proves fatal to Chronic patients, more especially to persons affected with pulmonary Consumption. The inflammatory diseases of these months are seldom fatal in our Climate. ~~The months of~~ June & July were the most healthy months in the year. The same thing may be said of the

Climate of Pennsylvania. The latter end of July sometimes prove fatal to children, but I have uniformly observed June to be the healthiest month in the year in Philad.a. Dr Sydenham says the diseases of Winter spend themselves in June, & the diseases of ~~Winter~~ Summer in February. Hippocrates makes the same remark, but in other words - He says the diseases of Winter are seldom cured till midsummer, & the dis=eases of Summer seldom before the middle of Winter. Vanswieten tells us that the regular ~~tears~~ period for fevers to show themselves for the first time is at the vernal, and autumnal equinoxes, but that there appearing sooner or later is influenced by the weather - hence the former often appear in February, & the latter ~~late~~

in August, or in the beginning of September:
in all the middle latitudes of our globe.
They are more frequently anticipated, than
postponed according to Prognet in European
Countries. The Climate of Pennsylvania bears
witness to the truth of the remarks of Dr Sydenham
& Hippocrates. Our Spring fevers bear the marks
of Winter in the pulse & in the blood, and
~~our~~ the fevers of December, January &
February often bear the marks of our Summer
diseases in sickness at stomach - discharges
of bile, and in a sallow skin. According
to this remark, the healthiness of the month
of June may be ascribed to kind of Solstice
in Diseases. They seem to rest from the
business of destruction for a few weeks, but
it is only to exchange one sett of the weapons
of death for another.

The months of August ~~is~~ were more ~~healthy~~ fatal to life over the table than July. This is generally the case in Philadelphia.

The months of Septr October & November were ~~worse~~ attended with more mortality than the three preceding months. I ascribed this formerly to the ~~same~~ ~~cause~~ ~~of~~ influence of marsh exhalation ~~with~~ combining with the sensible qualities of the air, ~~but~~ Perhaps ~~as~~ they were aided by the cool nights which often succeed warm days in these months. From the rise of the increase of sickness ~~of~~ in our city in Septr and October is from that cause, for our citizens seldom lay aside their summer cloathes in these months, & never change them with the coolness & dampness of the evening air. The diseases which are induced whether by the changes

~~& such as elevated & low situations,~~
~~the vicinity to the ocean or to large rivers,~~
~~& the woods & the nature of the fields,~~

in the sensible qualities of the air, or by
putrid exhalations generally continue un-
-til frosty nights come on, unless heavy
rains should fall in the mean while, for
they both alike check bilious ~~fevers from~~
~~the latter cause~~ nervous and inflammatory fevers.

~~Upon to~~ I have thus given you a
comparative view of the influence of the sea-
-sons & months in two parts of the world,
viz the Parish of St Gilles as in France
& in one of the middle States of America.
But you are not to suppose they are the
same in all countries. Many circumstances
to be mentioned hereafter, ~~modify~~ influence the ~~temperature~~ heat & cold
-ture & dryness - the density & rarity of the air
- & its various impregnations, and ~~constitution~~
the ~~course~~ course and nature of winds, ~~etc~~ in such a manner as to act powerfully
upon the relative ~~to~~ healthiness and

V in the same seasons & months,
~~=~~ and in the latter, viz months, nearly in
the same latitude. I shall illustrate
this by a few examples. ~~In an Inner~~ I said
formerly that the winter was the most
mortal season in London. The Summer
is the least so. ‡ In new ~~York~~ it appears
from the register of deaths from the
year 1804 to 1808 inclusive, that the
most fatal season is Autumn, & the
least so Winter. Again – in "
‡ upon the shores of the Mediterranean Celsus
tells us "the Spring was the most healthy ~~season~~
~~in the year~~ – next to this the Winter – next the
Summer – and Autumn the most mortal season
in the year"
U England the months are healthy in the following
order – July, August June, Sept.r Octob.r Nov.r May,
Decem.r April, February, Jan.y & March. It
is nearly resembles the ~~[illegible]~~ relative healthiness
of the months in the parish of St Nicholas. –

~~the same persons of London~~ mortality of cities, towns & countries ~~in~~ ~~or nearly the same~~ ~~Liverpool, Jefferson~~ ~~the same~~ ~~latitudes & elevations~~ & conditions,

~~Illustrate this by a few~~ examples ~~of~~ taken from the cities of London - Liverpool and York in England, and Montpelier in France. ~~The~~ England the most sickly & fatal month in London is January - in Liverpool & York ~~in England~~ March & in Montpelier August. The most healthy months in London and York is July, - in Liverpool, August, and in Montpelier, May. At Plymouth in

The table which I have read to you will furnish some very useful remarks upon the influence of the remote causes on persons of different ages, & conditions in life, but these will come in more properly in the place marked for them in our syllabus. ——